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ILLINOIS CONFERENCE ON SOCIAL WELFARE

MENTAL HYGIENE SECTION - 1935

I. GENERAL READINGS IN MENTAL HYGIENE

1. Social Control of the Mentally Deficient, Stanley Powell Davies, Ph. D., Thos. Y. Crowell Co., New York, 1930, p.p. 380.

The nature of mental defect or feeble-mindedness, the problems it represents, and an exceptionally fine treatment of measures developed for social control, are discussed in this book. Methods of socializing the higher grade mental defective by means of schooling, character building, and vocational training afford food for thought for the social worker who inevitably sees many of these individuals in a community setting.

2. Introduction to Mental Hygiene, Groves and Blanchard, New York. 1930, Henry Holt & Co., pp. 467.

This book presents the general problems of mental hygiene, especially as found in children and in the behavior of adults which frequently has a basis in the problems of childhood. It is especially useful for a knowledge of the specific problems which arise and which need specific treatment.

3. Mental Hygiene in the Community, Clara Bassett, New York, 1934, The Macmillan Co., pp. 394.

This is an excellent general evaluation of the mental hygiene aspects in various situations. The function of mental hygiene is discussed and historical surveys are made in the realms of medicine, nursing, social service agencies, delinquency, etc. For anyone who wishes a general concept of the history and function of mental hygiene, this is a splendid introductory book.

4. Mental Hygiene of the School Child, Percival M. Symonds, Ph. D. New York. 1934, The Macmillan Co., pp. 321.

A statement and a discussion of the problems of mental hygiene of the school child with an evaluation of the factors of parent training.

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RESEARCH REPORTS IN SOCIAL SCIENCES

1. Social Science of the University of Michigan, Ann Arbor, Michigan, 1955.

The nature of social science is fundamentally different from that of the natural sciences. It is a science of human behavior, and its methods are fundamentally different from those of the natural sciences. It is a science of human behavior, and its methods are fundamentally different from those of the natural sciences.

Notes

2. Social Science of the University of Michigan, Ann Arbor, Michigan, 1955.

This book presents the general principles of social science, and its methods. It is a science of human behavior, and its methods are fundamentally different from those of the natural sciences.

Notes

3. Social Science of the University of Michigan, Ann Arbor, Michigan, 1955.

This is an excellent general introduction to the social sciences. It is a science of human behavior, and its methods are fundamentally different from those of the natural sciences.

Notes

4. Social Science of the University of Michigan, Ann Arbor, Michigan, 1955.

A statement and a discussion of the principles of social science. It is a science of human behavior, and its methods are fundamentally different from those of the natural sciences.

5. Keeping a Sound Mind, John J. B. Morgan, New York, 1934. Macmillan Co., pp. 440.

This book, although directed to college students for their own reading and meant for courses in mental hygiene, can be utilized for general reading in the subject since it discusses the problems connected with mental hygiene found in intelligent young adults.

6. The Adolescent in the Family. White House Conference on Child Health and Protection, New York, 1934. D. Appleton and Co., pp. 473.

This is the report of an experimental study on the problems of home training and on various behavior aspects of adolescents. It presents the common problems which arise in the home and should be read by those whose work involves them in an evaluation of the home situation.

7. Our Children, edited by Dorothy Canfield Fisher and Sidonie Matsner Gruenberg, New York, 1932. The Viking Press, pp. 348.

This book contains 29 chapters on a variety of problems ranging from physiological to social and written by different authors. One of the values of this book is the varying emphasis placed by people in different fields.

8. The Problem of Mental Disorder, Madison Bentley and E. V. Cowdry, New York, 1934. McGraw Hill Book Co., pp. 388.

An excellent survey of the methods of study of mental disorders and the findings in various fields. Those dealing with mental disorders are especially recommended to this book.

9. Mental Hygiene and Education, Mandel Sherman, New York, 1934. Longmans, Greene and Co., pp. 295.

An analysis of the problems of childhood related to mental hygiene, with a survey of a number of scientific investigations from which mental hygiene inferences are deduced.

ILLINOIS CONFERENCE ON SOCIAL WELFARE

MENTAL HYGIENE SECTION - 1935

II. MENTAL HYGIENE AND SOCIAL CASE WORK PRACTICE

The following is a selected bibliography on this subject.
Those starred are ones on which annotations have been made.

Books

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| White, Wm. A. | "Principles of Mental Hygiene" |
| *Lee & Kenworthy | "Mental Hygiene and Social Work" |
| Flugel, J. C. | "The Psychoanalytic Study of the Family" |
| *DeSchweinitz, Karl | "The Art of Helping People out of Trouble" |
| | "Growing Up" |
| *Heath, Esther | "The Approach to the Parent" |
| *Zachry, Caroline B. | "Personality Adjustments of School Children" |
| *Watson, Maude | "Children and Their Parents" |
| *Marcus, Grace | "Some Aspects of Relief in Family Case Work" |
| Young, Josephine | "Interviewing in Social Case Work" |

Articles

- | | |
|-------------------|---|
| Marcus, Grace | "Psychological Realities & Case Work" The Family, Vol. XIII, No. 5, July 1932. |
| Moore, Madeline | "The Treatment of Maternal Attitudes in Problems of Guidance," American Journal of Psychiatry, Vol. III, No. 4. |
| *Alexander, Franz | "Contributions to Psychological Factors in Anti-Social Behavior," The Family, Vol. XIII, No. 5, July, 1932. |
| McCord, Elizabeth | "Treatment in Short-Time Contacts," The Family, Vol. XII, No. 6, Oct. 1931. |

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|-------------------|---|
| Reynolds, Bertha | "An Experiment in Short Contact Interviewing," Smith College Studies in Social Work, Sept. 1932. |
| Reynolds, Bertha | "The Church and Individual Security," American Journal of Orthopsychiatry, Vol. III, No. 1. |
| Reynolds, Bertha | "Trends in Interpreting Social Case Work to the Community," The Family, Feb. 1933. |
| Marcus, Grace | "Trends in Social Work," American Journal of Orthopsychiatry, Vol. III, No. 3, July, 1933. |
| Reynolds, Bertha | "Between Client and Community," Smith College Studies in Social Work, Oct. 1934. |
| Dexter, Elizabeth | "Has Case Work a Place in the Administration of Public Relief?", The Family, Vol. XVI, No. 5, July, 1935. |
| *Glueck, Bernard | "Some of the Sources of Marital Discontent," The Family, May, 1935. |
| *Mather, Wm. B. | "Defining Types of Family Control," The Family, March, 1935. |
| *Marcus, Grace | "The Individual and His Family Relationships," Mental Hygiene, July, 1933. |

1. Mental Hygiene & Social Case Work," Lee & Kenworthy. 1929, Commonwealth Fund, pp. 309.

This book is a descriptive account of the work of the Bureau of Child Guidance which was established by the New York School of Social Work in 1929 as a part of the Commonwealth Fund Program for the Prevention of Delinquency. This Bureau was a center for the treatment of problem children and the training of social workers. Intake was limited and high standards for training and service were maintained.

Part I deals with the philosophy and content of child guidance. Excellent material is given on the child-parent relationship, social treatment and leading results. Part II is devoted to Education for Psychiatric Social Work. The chapter on the Personality Equipment of the Social Worker is especially pertinent.

2. The Art of Helping People out of Trouble," Karl DeSchweinitz. Houghton Mifflin Co., 1924.

Although published in 1924, this book still stands out as one of the most important aids to the case worker in her thinking on case work philosophy and case work practice. The emphasis on the importance of the make-up of the worker, her philosophy and the way this affects her case work approach and practice, is all applicable to present day case work. The book is clearly and interestingly written and is one that can be recommended to both lay and professional groups. The following quotations may serve to point up these remarks:

"To help a man out of trouble one must know and understand him."

"Achievement of happiness depends fundamentally upon the man himself."

"A man is what he has been. He is truly a part of all he has met and there is no better key to his present than what he has thought and experienced in the past."

3. The Approach to the Parent," Esther Heath, 1933. Commonwealth Fund, pp. 163.

Four case studies from the records of a child guidance clinic show the evolution of methods of social treatment according to changing viewpoints. The first case illustrates the didactic approach of the psychiatric social worker in 1925, when intuition played a large part in handling the client-worker relationship. The second case is modified in the didactic approach, with more use of specific suggestions, and shows a greater awareness of the worker of the effects of this approach. In the third case there is a diminishing use of specific suggestions with more of the informal discussion method. The last case employs consistently the free discussion method, and the client-worker relationship is depersonalized. This book is a definite contribution to the understanding of relationships and techniques in social case work. It is clear-cut and lively in style.

4. Personality Adjustments of School Children," Caroline Zachry, Charles Scribners Sons, 1929, pp. 306.

Although this book was written with the problem of the classroom teacher in mind, it is of significance to the social worker. Five case studies with interpretation and treatment are given with special attention to definitions of mental mechanisms as they appear in

4. Cont'd.

each case. Through detailed discussion of causal elements, light is thrown on the problem child and constructive suggestions are given as to the best way to meet his emotional needs in a socially valuable way. Following the case studies two chapters deal with "The Elements of Personality and Their Development," and "Personality Adjustment and the School." The book is recommended for its simple treatment of scientific material.

5. Children and Their Parents, Maude Watson, F. S. Crofts & Co., 1932, pp. 362.

Maude Watson presents ten detailed social case studies with interpretation stressing "the action and interaction habit patterns" of the family, as well as the results in the behavior of the child being studied. These histories employ the four-fold method of study: the social, psychological, physical, and psychiatric, and give particular attention to the attitudes of parents who reflect their own emotional needs as produced by their particular life experiences which are projected on to the child, as causal factors in his maladjustment. Interpretation following each case study is based on the Ego-Libido Method originated by Dr. Kenworthy. Treatment is discussed in only one case. One chapter is devoted to the Technique of Treatment and one to History Taking and Interpretation, and a final one to the Evaluation of Technique.

6. Some Aspects of Relief in Family Case Work, Grace Marcus, New York, 1929.

This is the only book in the social work library on this important and difficult subject. The material analyzed and set forth by Miss Marcus needs to be an essential part of the equipment of everyone engaged in relief work of any kind.

Miss Marcus emphasizes the following important concepts:

- (1) The role of the caseworker in relief giving.
- (2) The need for understanding the attitudes toward relief of both the caseworker and client.
- (3) The element of emotional dependency in financial dependency.
- (4) The importance of having full participation of the client in thinking and planning.
- (5) The need for understanding the personality of the client as an essential in intelligent and constructive relief practice.

6. Cont'd.

She says - "Whenever money is exchanged without a corresponding exchange of service or material goods ... emotional values are likely to gain the ascendancy over the practical. In such a relationship there is an essential inequality that places the giver in a position of superiority and control, and the recipient ... in a position of dependence on the giver's will and good feeling."

7. Contribution to Psychological Factors in Anti-Social Behavior, Franz Alexander, M.D., The Family, July 1932.

This material is based on a study of criminality made by Dr. Alexander at the Judge Baker Foundation in Boston. He gives the social worker some clarifying and helpful concepts in the field of delinquency. He emphasizes the interplay of psychological and social factors in criminal acts and points out that "character trends are responsible for the selective nature of the environmental influences." He says that "social behavior is based on a complicated balance between gratifications and renunciations." He clarifies for us the distinction between criminality and neurosis showing that criminal behavior is the expression of a protest against certain deprivations in which the emotional conflict leads to real actions; in neurosis the emotional conflict results in symbolic gratifications of unadjusted restricted tendencies.

8. Some of the Sources of Marital Discontent, Bernard Glueck, The Family, Vol. XVI, No. 1, March, 1935.

Dr. Glueck classifies the two types of situations producing marital discontent as (1) those difficulties whose sources lie in misunderstandings concerning commonplace, everyday experiences of a transient significance - the normal difficulties of human relations; and (2) those deeper-seated personality difficulties that are serious obstacles to adjustment in marriage. In this second grouping of distorted personalities resulting largely from childhood scars inflicted by the unhealthy personalities of their parents, Dr. Glueck finds limited capacity for adequate sexual adaptation and for sublimation. Four types considered in this paper are: (1) the excessively narcissistic type; (2) the sexually, incompletely differentiated type; (3) the parentally fixated type; and (4) the impulse or instinct-ridden personality. These are descriptively discussed.

9. Defining Types on Basis of Family Control, Wm. G. Mather, Jr. The Family, Vol. XVI, No. 1, March, 1935.

This is a statistical analysis of two hundred unbroken families of college students, according to a questionnaire for the presence in five degrees of certain family attributes. The families were divided into four groups on a basis of control - the habitual manner of reaching the majority of family-important decisions. These four types are listed in order of their tendency to exhibit the desirable family attributes in the highest degree: (1) the family council type; (2) the joint dominance type; (3) the father dominant type; and (4) the mother dominant type. The more important particular differences among the four types are discussed.

10. The Individual and His Family Relationships, Grace Marcus, Mental Hygiene, Vol. XVII, No. 3, July, 1933.

In this article Miss Marcus presents "Some Newer Concepts in Social Case Work." She makes the point that psychological knowledge alone is not adequate equipment for the practitioner; that "to apply that knowledge therapeutically something first had to happen to the practitioner: he must develop attitudes within himself that were objective, tolerant and nonjudgmental." She says that "all behavior is motivated by the individual's need to secure satisfaction and avoid pain." She speaks of the "emotional immunity" which the caseworker grants the client in the case work relationship, and clearly and graphically traces what happens in therapeutic case work - all of which is dependent upon the caseworker's preparation for the task. This article is recommended as giving one of the clearest expositions of the ways in which "Some Newer Concepts in Social Case Work" are operating.

ILLINOIS CONFERENCE ON SOCIAL WELFARE

MENTAL HYGIENE SECTION - 1935

III. FAMILY RELATIONSHIPS

This list of books and pamphlets is in no sense comprehensive but includes reliable, well-tested material. We have tried to avoid books that seem technical or controversial, confining the list to such material as can be given, with reasonable safety, to parents themselves.

Books on Parent-Child Relationships

- | | |
|---------------------|---|
| Faegre and Anderson | "Child Care and Training," University of Minnesota Press, \$2.00. |
| Blatz and Bott | "Parents and the Pre-School Child"
"Management of Young Children," Wm. Morrow, \$3.00. |
| Alschuler, Rose | "Two to Six," Morrow, \$1.50. |
| Mateer, Florence | "Just Normal Children," Appleton, \$2.50. |
| Brill and Youtz | "Your Child and His Parents," Appleton, \$2.00. |
| Gesell, Arnold | "Guidance and Mental Growth in the Infant and Child," Macmillan, \$2.25. |

The Child of School Age

- | | |
|--|--|
| Thom, Douglas A. | "Everyday Problems of the Everyday Child," Appleton, \$2.50. |
| Pierce, Frederick | "Understanding our Children," Dutton, \$2.00. |
| Groves, Ernest R. | "Wholesome Parenthood," Houghton-Mifflin, \$2.00. |
| Proceedings of Midwest Conference, Chgo. Assn. for Child Study and Parent Education - 1928 | "Building Character," University of Chicago Press, \$2.00. |
| " - 1930 | "The Child's Emotions," University of Chicago Press, \$1.50. |
| Cameron, Hector | "The Nervous Child," Oxford University Press, \$1.75. |

- Crichton-Miller, H. "The New Psychology and the Parent," Boni, \$1.75
- Sayles, Mary B. "The Problem Child at Home," Commonwealth Fund, \$1.00.
- Fisher & Gruenberg "Our Children," Viking, \$3.00

The Adolescent

- Schwab and Feeder "The Adolescent: His Conflicts and Escapes," Appleton, \$3.00.
- Hollingsworth, Leta S. "The Psychology of the Adolescent," Appleton, \$2.50.
- Elliott, Grace L. "Understanding the Adolescent Girl," Holt, \$2.00.
- Thom, Douglas A. "Normal Youth and Its Everyday Problems," Appleton, \$2.00.
- Wembridge, Eleanor R. "Life Among the Low-Brows," Houghton-Mifflin, \$2.50.

Sex Education

- Strain, Frances B. "New Patterns in Education," Appleton, \$2.00.
- DeSchweinitz, Karl "Growing Up," Macmillan, \$1.75.
- Elliott, Grace L. and Bone, H. "Sex Life of Youth," Association Press, \$1.50.

Pamphlets on the General Field *

Children's Bureau (U.S. Dept. of Labor publications) has much excellent material. Single Copies can usually be obtained without cost. Write them for list of such publications.

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| Dennett, Mary Ware | "Sex Side of Life" | 35¢ |
| Emery, E. Van Norman | "Revising our Attitudes
Toward Sex" | 15¢ |
| Taft, Jessie | "Mental Hygiene Problems of
Normal Adolescence," | 15¢ |
| Riggs, Austen Fox | "Nervousness: Its Cause and
Prevention" | 15¢ |

Lowrey, Lawson	"Points on Child Behavior"	15¢
Wile, Ira S.	"Laziness in School Children"	15¢
Stevenson, George S.	"Are We Helping or Hindering Our Children?"	5¢
Burnham, Wm.	"Success and Failure as Conditions of Mental Health"	15¢
Taft, Jessie	"Some Undesirable Habits and Suggestions as to Treatment"	15¢
Glueck, Bernard	"Significance of Parental Attitudes for the Density of the Individual"	15¢

Child Study Association of America Publications:

	"Habits: What Are They?"	20¢
	"Disciplinary Devices: Rewards"	20¢
	"Disciplinary Devices: Punishments"	20¢
	"Curiosity"	10¢
	"The Use of Money"	10¢
	"What Do Children Inherit?"	20¢
	"The Gifted Child"	10¢
	"When Children Eat Together"	10¢
	"Training for Responsibility"	5¢
Thom, Douglas A.	"Habit Training for Children"	15¢
Taft, Jessie	"Mental Hygiene Problems of Normal Adolescence"	15¢
DeSchweinitz, Karl	"Dangers and Advantages of Sex Instruction for Children"	15¢
Rice, Thurman B.	"Story of Life"	) 25¢ each Series of 5 for \$1.00
(American Medical Assn.)	"In Training"	
	"Age of Romance"	
	"How Life Goes On and On"	
	"Venereal Diseases"	
Richards, Esther L.	"Understanding Adolescence"	10¢

* Pamphlets may be secured from the Chicago Association for Child Study & Parent Education, 220 S. State St., Room 930.

For further suggestions in reading, write to the Chicago Association for Child Study and Parent Education, or the Illinois Society for Mental Hygiene, 203 N. Wabash Avenue, Chicago.

IV. RECREATION

1. The Child, by Meyer F. Nimkoff. Lippincott 1934. Chap. IX, The Child and Play, pp. 174-197.

This discussion of children's play falls into five phases of the subject as follows:

- a. The Nature of Play, in which the author places his emphasis chiefly upon the universality, spontaneity and pleasurefulness of children's games and activities.
- b. The Significance of Play is treated from the standpoint of the various negative and positive attitudes with which throughout the years adults have tended to regard as children's play.
- c. Play Development consists in a brief sketch of the gradually increasing complexity of play as a part of the child's process of growth into maturity.
- d. Play Equipment deals with the wherewithal of children's play which includes in the following order: playthings; play space; play time; and play mates.
- e. Through Principles of Constructive Play the author bases his diagnosis upon the assumption that such play is developmental, creative, progressive and pervasive. His remarks under each of these headings are in keeping with the author's convictions in the matter.

The chapter as a whole is reasonably well presented. Its general tone carries conviction. In keeping with many writers on this subject, the author indulges in rather conventional generalizations regarding the value of play as a part of life. Likewise, the scope attempted is somewhat disproportionate to the space allocated to this section of the book which has resulted in a condensation which leaves considerable to the reader's imagination. Even so, the content of the chapter is above the average of child study literature insofar as play is concerned.

2. Organization for Youth, by Elizabeth R. Pendry and Hugh Hartshore. McGraw-Hill Book Company, 1935.

The purpose of this book is to furnish the reader with a working knowledge of the structure and operation of the various organizations which have to do with the interests, ambitions and activities of boys and girls. These organizations have been classified by the authors in the following fashion:

- a. Societies include 11 organizations such as Boy and Girl Scouts, Woodcraft League of America, and Four-H Club Work.
- b. Junior Program of Adult Groups deal with 6 types of groups sponsored by such organizations as Rotary and Kiwanis.

- c. Plans for Schools describe nationally organized activities which may be embodied in a school's extra-curriculum program. Junior Red Cross, and Knighthood of Youth are examples of the 9 "plans" included in this category.
- d. Special Interest Plans likewise are nationally organized and may be taken over or generally consulted by schools, churches or recreation centers. For example: School Garden Association of America; National Association of Audubon Societies; National Recreation Association. There are 7 such organizations described.
- e. Interreligious Groups of which 7 make up this selection, include such organizations as Big Brother and Big Sister Federation; Y. M. and Y. W. C. A.
- f. An Appendix gives a list of Church Programs for Youth classified as denominations; an Index and Chart of all organizations described, and an Index of Names appearing throughout the book.

Altogether, the body of the book contains information with reference to 40 national organizations. In each instance the material is given uniformly under the following headings: History and Growth; Organization and Administration; Program; Philosophy and Method; Motivation and Rewards; Evidences of Success. The last item, "Evidences of Success" smacks of the wishful thinking with which many of the self-styled character-building organizations tend to enamel their efforts. However, an exceedingly minor part of the text is devoted to remarks of this type.

On the whole, this book should prove of practical value to social workers, many of whom have only a sketchy knowledge of the distinctive characteristics of the various community facilities for play. The authors wisely have made no attempt to evaluate these facilities in terms of individual requirements - a subject in itself which would necessitate space equal to the present size of the book.

3. Leadership in Group Work by Henry M. Busch, Association Press, 1934

This book contains 10 chapters, the first 4 of which place considerable emphasis upon social and educational factors underlying Group Work which the author defines as "...an educational process carried on in leisure time under the auspices of a social agency, for the purpose of aiding individuals in a group to acquire knowledge, skills, and attitudes, or to conduct activities that are constructively recreational in character."

The latter part of the book is more specifically informative insofar as Group Work is concerned. In an effort to understand this work as a profession, social case workers will find the following chapters especially helpful: Types of Group Leadership; Educational Leadership in Action; Organization; Group Records: Their Forms and Uses.

4. Children's Playthings and Books by Martha B. King. No. 15 in the Better Buymanship Series published by Household Finance Corporation, 919 N. Michigan Ave., Chicago. Sample copies may be secured free of charge.

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This 26 page booklet is written from the standpoint of the adult customer who attempts to purchase playthings for children in the face of the bewildering array set forth by the usual department store. In the words of the author: "What to choose becomes a major problem. Knowledge of the relation of price to quality and of the ages at which children make the best use of different play materials will assist one in selecting toys which will satisfy over a long period of time and survive to be passed on to other children." The author's comments are extremely practical and interestingly presented. Because of the limitations in space, references to the developmental aspects of children's growth are necessarily brief. Therefore, this booklet cannot serve as a substitute for the treatment of the phenomenon of play contained in the usual book on child psychology. It will prove to be an excellent supplement to such books.

5. Additional material on the subject of Recreation which will be found helpful is as follows:

a. From the standpoint of children's reading:

Realms of Gold in Children's Books compiled by Bertha E. Mahony and Elinor Whitney. Doubleday, Doran & Co., 1929.

Graded List of Books for Children compiled by Nora Beust. Pub. by American Library Assn., Chicago, 1930.

The Horn Book Magazine, pub. quarterly by the Bookshop for Boys and Girls, 270 Boylston St., Boston. \$1.25 annually. (Current reviews of children's literature.)

The Child Study Assn. of America, N.Y.C., publishes yearly a list of children's books - Price 10¢.

b. From the standpoint of handicraft:

The Boy Builder by Edwin T. Hamilton. Harcourt, Brace & Co., 1933.

Handicraft for Girls by Edwin T. Hamilton. Harcourt, Brace & Co., 1932.

Marionettes by Edith Flack Ackley. Frederick A. Stokes Co., 1929.

Bibliography on Handicraft published by National Recreation Assn., 315 Fourth Ave., N.Y.C. (nominal charge)

c. From the standpoint of adults:

The Arts of Leisure by Marjorie Barstow Greenbie. McGraw - Hill Book Co., 1935.

Leisure - The Magazine of a Thousand Diversions. Published monthly by Frederick E. Atwood, 683 Atlantic Ave., Boston. \$1.00 annually.
